



nutrinews

written by Gale Welter, MS, RD, CSCS
Nutrition Counselor, Campus Health Service



Q:

What are the best foods to have on hand in the residence hall for snacks and meals when I don't want to eat out?

A:

With erratic schedules, personal food preferences, and a late night here and there, it is a good idea to have quality foods you like on hand. Food you stock in your room can help you maintain energy, stay healthy, and avoid weight gain. Use the following ideas as a starting point to develop your own shopping list, many of which you can buy at campus Mini-Marts.

Choose both carbohydrate and protein foods to eat in combination. This will help you avoid slumps in energy and will be more satisfying. Foods high in fiber will provide you a greater feeling of fullness. Also, consider foods you can carry with

you for snacks on the go, to add to a purchased entrée for better nutrition, and to save money.

For a variety of snack ideas, go to our website (www.health.arizona.edu) and click on Health Education On-Line Library. Go to "Nutrition", then to "General Nutrition". Click on "Snacks".

Carbohydrate foods

- Fruit (any fresh, canned, frozen)
- Vegetables (fresh, canned, jars) baby carrots, salsa, pickles, olives, juice
- Whole grain bread, tortillas, bagels
- Dry Cereal (>5gm fiber, < 10 gm sugar)
- Oatmeal
- Pretzels

- Popcorn, no butter
- Low fat cookies/crackers (<3 gm fat per 100 calories) like vanilla wafers, animal crackers, Fig Newtons®, ginger snaps, graham crackers, flavored rice cakes, low fat Triscuits®

Protein foods

- Tuna, salmon, chicken (canned)
- Jerky
- Nuts and nut butters
- Deli meats
- String cheese, low fat cheeses (<5gm fat per 100 calories)
- Soy nuts
- Hard boiled eggs
- High protein cereals (like Kashi Go-Lean®)

Combination foods (carbs and protein)

- Yogurt
- Milk
- Cottage cheese
- Sports bars (<220 calories, >10 gm protein)
- Pudding cups
- Instant Breakfast®
- Slim Fast®
- Canned soup, stew, chili (<3gm fat per 100 calories)
- Canned beans and bean dips

Other

- Tea
- Sugar-free hot chocolate packets
- Bouillon
- Diet soda

Got a question? email:
wildcatnutrition@yahoo.com

Visit our website for more info: www.health.arizona.edu (Go to "On-Line Library" and click on "Nutrition") • For individual nutrition appointments, call 621-9202. \$25 initial, \$15 follow-up